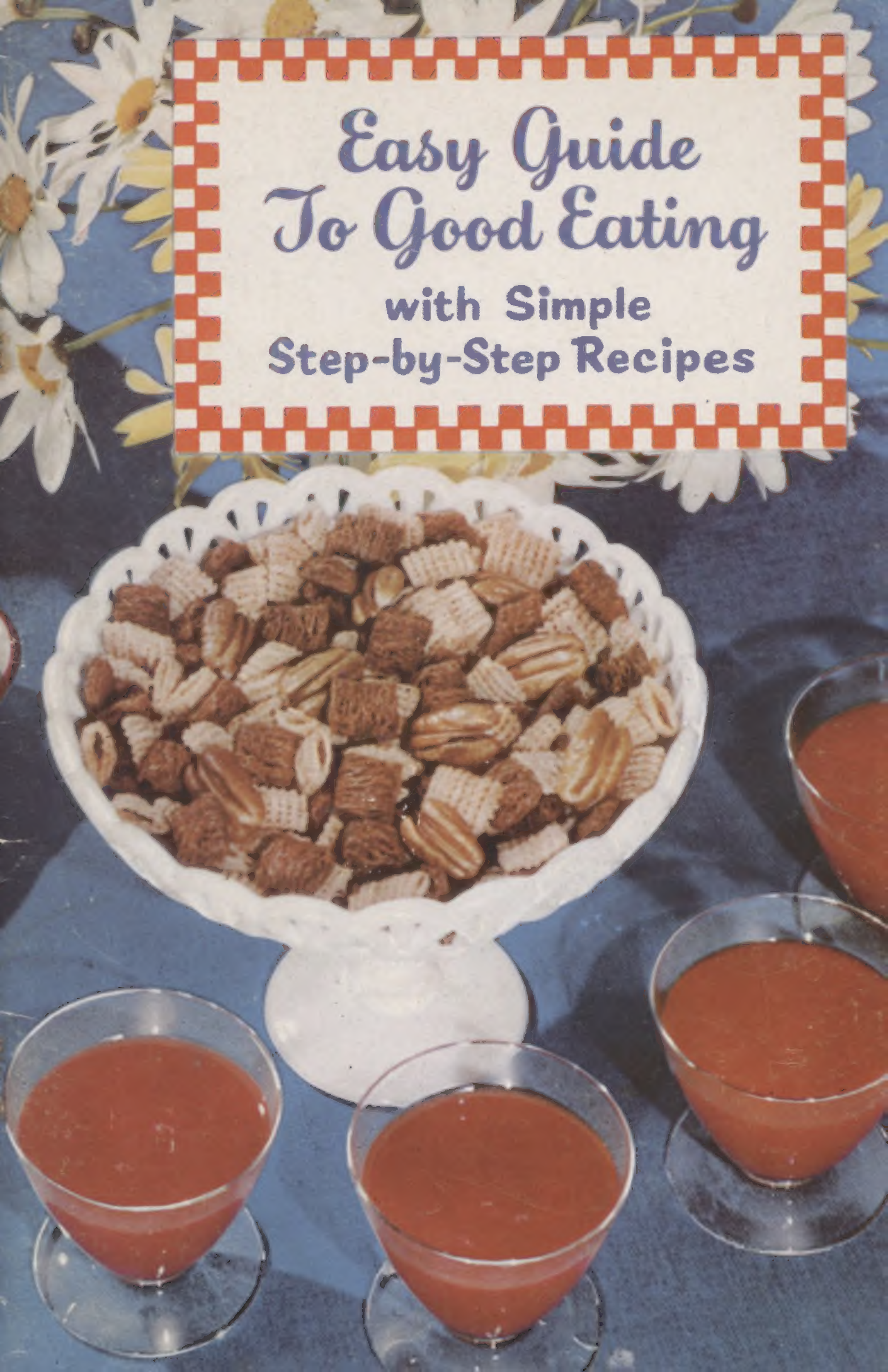
Easy Guide To Good Eating

with Simple Step-by-Step Recipes



"Easy Guide to Good Eating" is presented to help make your life as a homemaker more rewarding than ever.

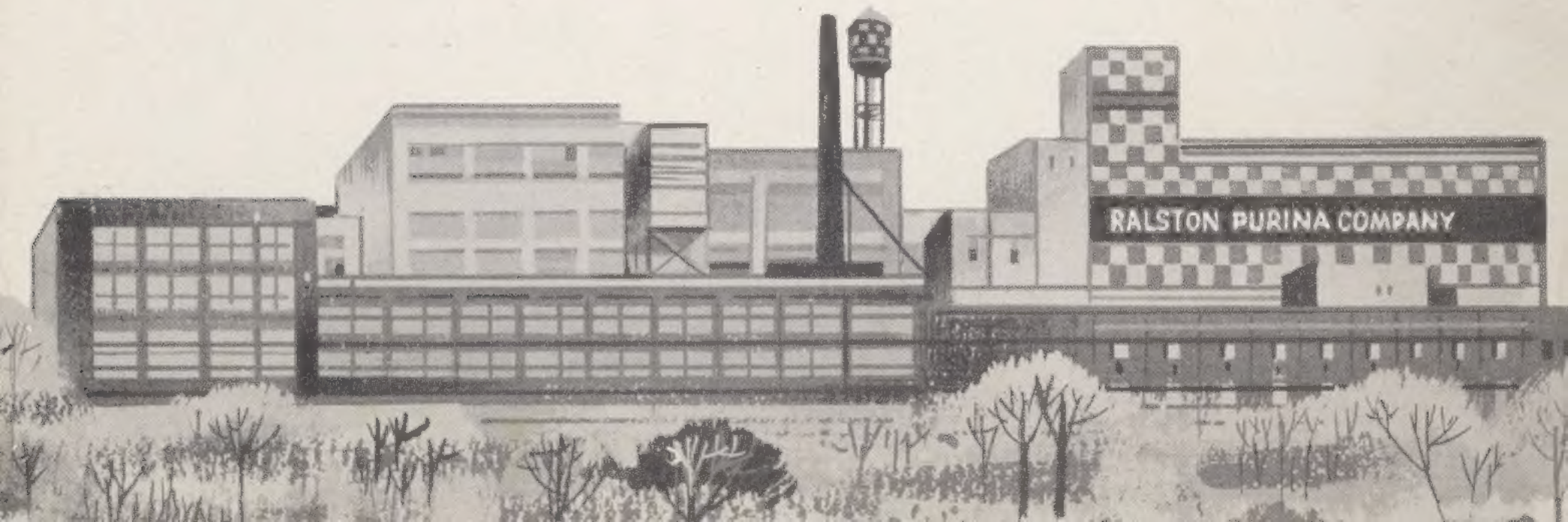
High on the west bank of the Mississippi where it curves around historic St. Louis, there stands a cluster of red and white checkerboard buildings . . . the home of Ralston Purina Company.

The Ralston Purina site is known locally as "Checkerboard Square," but the Ralston Checkerboard products are known and welcomed on family tables from coast to coast . . . the hot whole wheat cereals, Instant Ralston and Regular Ralston; the *Bite Size* ready-to-eat cereals, Wheat Chex and Rice Chex; and the low-calorie whole-grain rye wafer, Ry-Krisp.

We're proud of our Checkerboard family of products. We're proud, too, of their steadily growing popularity. We believe it reflects your confidence in these products, in our experience manufacturing grain foods for nearly three-quarters of a century, and in our unwavering insistence on quality and service.

We want to continue to be of service to you. So we have gathered in this book tested recipes . . . *kitchen*-tested and proved successful by hundreds of homemakers like you. These recipes were selected to lend variety to your cooking and your meals, to save you time . . . and save food money, too.

Cereals are among today's best food buys. They provide not only energy but also nutrients essential to health. As the main dish at breakfast, they average only about 1½¢ a serving. Used in recipes, they often take the place of more expensive food without sacrificing nourishment or flavor. For instance, cereals like Instant Ralston and Regular Ralston are wonderful meat-stretchers because they are excellent sources of protein, a nutrient often thought of as being supplied by meat alone. In other recipes, notably breads, cookies or candies, you'll find you can cut down on costly nuts by using Wheat Chex, or Instant or Regular Ralston, because they are whole wheat



and have a nut-like flavor of their own.

We know you and your family will enjoy all the good things you can make with these five Checkerboard products. And may the compliments you hear on your meals make your life as a homemaker more rewarding than ever.

RALSTON PURINA COMPANY
Checkerboard Square, St. Louis 2, Mo.

CHECKERBOARD FAMILY OF PRODUCTS

Wheat Chex—Shredded and crisp-toasted *Bite Size* biscuits made of whole wheat with malt, sugar and salt.

Rice Chex—Crisscross shredded and toasted *Bite Size* biscuits made of rice with sugar, salt and malt, restored to brown rice levels in iron, thiamine and niacin.

Instant Ralston—Delicious quick-cooking whole wheat cereal, made extra-nutritious with addition of 5% *extra* wheat germ. Cooks in 10 seconds.

Ry-Krisp—Crisp-toasted, flavorful wafer made of 100% whole-grain rye (not rye flour). Salt and water added. Only 20 calories per double-square wafer.

Regular Ralston—Same as Instant Ralston except for size and shape of granules and cooking time. Cooks in 5 minutes.

Note to Recipe Clippers: Newspapers, magazines, and other publications often do not use brand names in the recipes they publish. Instead, they use what are known as "generic" names. In order that you will know what brand to use when recipes tested with Checkerboard products list them by their generic names, both brand names and generic names are given here. Keep this information handy, for you can be sure of perfect results only by using the product with which the recipe was tested.

BRAND NAME	GENERIC NAME
Wheat Chex	*Bite Size* shredded wheat biscuits
Rice Chex	*Bite Size* shredded rice biscuits
Instant Ralston	instant whole wheat cereal—the kind with extra wheat germ added
Regular Ralston	regular whole wheat cereal—the kind with extra wheat germ added
Ry-Krisp	crisp rye wafer

Start

Want to keep the family really glad they have you? Then put the spotlight on a good breakfast.

here for a Good Morning

Breakfast does wonders for the family. Gives the man of the house the send-off he needs in the morning to bring home the bacon at night. Gives the "small fry" the grow-power and energy they need for fun, for easier and better schoolwork. And look what it does for YOU! Gets you going, keeps you going with a song in your heart, a twinkle in your eye. Gives you a good feeling, deep down, that comes from knowing you've done your best to start your family and yourself off to a good day.

Eating breakfast makes you fat? Nonsense, pure and simple. Matter of fact, latest scientific studies prove that a good breakfast is vital to the success of any reducing plan. The reason? When you eat a good breakfast, you don't feel starved at midmorning as so often happens when breakfast is skipped or skimped. This keeps you from yielding to diet-wrecking midmorning snacks or extra-big portions at lunch. Then, too, calories from food eaten early in the day are used up during the day's activities. They don't get a chance to snuggle up as fat around the middle like the calories taken later in the day when your activities are slowing down.

Here's the quick and easy breakfast menu nutrition experts recommend for "Good Morning" starts...fruit, cereal, milk, buttered bread or toast and your favorite beverage. As a good breakfast should, it supplies from ¼ to ⅓ of daily nutrition needs. Also, it gives you important nutrients, such as the whole-grain nutrients of cereal, which you otherwise might miss or get too little of at other meals. And with the many tempting foods to select and the many different ways to serve them, there is a wonderland of variety to this kind of breakfast.

On the next page, for instance, are all sorts of flavor-tricks for varying your cereal servings.

FLAVOR TRICKS

TO ADD TEMPTING VARIETY TO BREAKFAST

When You Serve Instant Ralston and Regular Ralston

INSTEAD OF ALL OR PART OF THE USUAL GRANULATED SUGAR, USE

- Cinnamon-sugar mixture (1 teaspoon cinnamon to 2 tablespoons sugar)
- Brown sugar
- Corn sirup
- Honey
- Maple sirup
- Jams
- Preserves

OTHER SERVING VARIATIONS:

- Place a pat of butter in center of cereal.
- Sprinkle with a slice of crisp bacon broken into small pieces.
- Drop a few semi-sweet chocolate pieces over cereal, let child swirl them around into cereal.
- Put one of these surprises for the youngsters in the bottom of the bowl:

  A marshmallow

  A chocolate cream

  A gumdrop

  Several jelly beans

  Several semi-sweet chocolate pieces

  Spoonful preserves or marmalade

  A maraschino cherry

INSTEAD OF PLAIN MILK OR CREAM, USE

- Malted milk made by beating 2 tablespoons malted milk powder into 1 cup milk. This adds extra nutrition as well as flavor.
- Eggnog made by beating an egg into 1 cup milk. This, too, adds extra nutrition. Saves time in preparing and eating the bigger fruit-cereal-egg-milk breakfast. Avoids the resistance some children have to eating eggs.

COOKING VARIATIONS:

- Cook the cereal in milk instead of water.
- Cook the cereal in chocolate milk instead of water.
- Mix together 2 tablespoons cocoa and ¼ cup sugar (for 4 servings of cereal) and stir into the salted water before it comes to a boil.
- Mix malted milk powder (½ cup for 4 servings) with dry cereal before stirring into the salted boiling water.
- Bring to boil dark corn sirup and water (¾ cup sirup and 2½ cups water for 4 servings) before stirring in usual measure of salt and dry cereal.
- Add 1 teaspoon cinnamon to the salted boiling water before cereal is stirred in.
- Just before serving, stir into cereal cut-up prunes, dates, apricots, raisins, currants, or nut meats.

When You Serve Rice Chex and Wheat Chex

INSTEAD OF THE USUAL GRANULATED SUGAR, USE

- Cinnamon-sugar mixture
- Brown sugar
- Corn sirup
- Honey
- Maple sirup
- Jams and preserves

INSTEAD OF PLAIN MILK OR CREAM, USE

- Chocolate milk
- Malted milk made by beating 2 tablespoons malted milk into 1 cup milk
- Eggnog made by beating 1 egg into 1 cup milk

OTHER SERVING VARIATIONS:

- Top with small chunks of plain fruit-flavored or fruited gelatin dessert.
- Mix Rice Chex and Wheat Chex, half and half.
- Serve with sliced bananas, berries, peaches, or any other favorite fruit.
- Serve in a cantaloupe half. Children love to eat the "bowl."

In the bowls from left are Wheat Chex with cubes of fruited gelatin, Instant Ralston with brown sugar and butter, and Rice Chex with sliced bananas. On the tray are other flavor-tricks . . . a few of the many easy ways to vary your cereal servings.

SNACKS

PARTY MIX*

The cocktail snack that everyone's raving about

⅓ cup butter or margarine
1 tablespoon Worcestershire sauce
¼ teaspoon salt
⅛ teaspoon garlic salt or powder
2 cups WHEAT CHEX
2 cups RICE CHEX
½ cup nuts

1. Heat oven to slow—300°.
2. Melt butter in shallow pan over *low* heat.
3. Stir in Worcestershire sauce, salt, and garlic salt or powder.
4. Add Wheat Chex, Rice Chex, and nuts. Mix gently until all pieces are covered with butter.
5. Heat in oven on rack slightly above center for 30 minutes, stirring gently every 10 minutes.
6. Spread out to cool.

*Picture on front cover.

BUTTERED 'N SALTED RICE CHEX

Quick, thrifty, and delicious

2 tablespoons butter or margarine
3 cups RICE CHEX
¾ teaspoon salt

BUTTERED 'N SALTED WHEAT CHEX

5 minutes and a few cents to make

3 tablespoons butter or margarine
2 cups WHEAT CHEX
½ teaspoon salt

1. Melt butter in large skillet over *low* heat.
2. Add Rice Chex *OR* Wheat Chex. Stir gently until all Chex are covered with butter. Then sprinkle evenly with salt. Continue heating and stirring until the Chex have been heated for a total of 5 minutes.
3. Spread out to cool.

SAVORY RICE CHEX or WHEAT CHEX

Tasty snacks for any occasion

a. Follow recipe for Buttered 'N Salted Rice Chex or Wheat Chex. When salt is added, also sprinkle evenly with any *one* of these seasonings in the amounts given:

2 teaspoons poppy seed *OR* celery seed
½ teaspoon onion powder
⅛ teaspoon garlic salt or powder

b. Follow recipe for Buttered 'N Salted Rice Chex or Wheat Chex but omit the table salt and sprinkle instead with 1 teaspoon celery salt *OR* onion salt.

HERB KRISPS

Looking for a different snack? Try these

Butter or margarine (softened)
RY-KRISP wafers (2 or more per person)
Seasoning (poppy seed *OR* caraway seed *OR* celery seed)

1. Heat oven to moderate—350°.
2. Spread Ry-Krisp wafers lightly and evenly with butter. Place on shallow pan or cookie sheet.
3. Sprinkle lightly and evenly with desired seasoning.
4. Bake on rack slightly above center for 5 minutes. Serve warm or cold with soups, salads, or appetizers.

Top, from left: Cinnamon Munch, Caramel Crunch. In basket: Herb Krisps. Others, clockwise beginning at lower left: Buttered 'N Salted Rice Chex, Cheese Snacks, Buttered 'N Salted Wheat Chex.

CHEESE SNACKS

New cheese treat that'll please family and guests

3 tablespoons butter or margarine
2 cups RICE CHEX
OR 1½ cups WHEAT CHEX
⅓ cup *commercially* grated cheese, either American or Parmesan

1. Melt butter in 8-cup saucepan over *low* heat.
2. Add Rice Chex *OR* Wheat Chex. Still over *low* heat, stir with lifting motion for 5 minutes, being sure that all Chex are covered with butter.
3. Remove from heat. Evenly sprinkle with cheese while stirring gently.
4. When all Chex are coated with cheese, spread out to cool.

RY-KRISP SNACKS

With its crispness and rich rye flavor, Ry-Krisp is an ideal wafer to serve with cheese dips, spreads and cold cuts.

CINNAMON KRISPS

Crisp new kind of cinnamon toast

2 tablespoons sugar
1 teaspoon cinnamon
2 tablespoons butter or margarine
12 RY-KRISP wafers

1. Heat oven to hot—400°.
2. Mix sugar and cinnamon and set aside for later use.
3. Soften butter and spread on Ry-Krisp.
4. Place Ry-Krisp on shallow pan. Sprinkle with sugar mixture. Bake on rack slightly above center 5 minutes.
5. Serve warm or cold with beverages or as a cookie with ice cream or fruit.

CARAMEL CRUNCH

A sweet treat, easy on the waistline

¼ cup butter or margarine
1 tablespoon corn sirup
1 cup light brown sugar
4 cups RICE CHEX

1. Butter a cookie sheet or three 8 or 9-inch shallow pans.
2. Heat butter and sirup in large heavy skillet over low heat until butter is melted. Then stir until blended.
3. Add sugar. Stir until smooth. Continue heating slowly without stirring until mixture is all foam and twice the original volume. From this point, heat for 2 more minutes.
4. Then while still over heat, add the Rice Chex all at once. Stir until each Chex is covered.
5. Pour onto greased cookie sheet. Spread over entire sheet. Mixture will be in a lacy pattern.
6. When cool, break into bite-size pieces. Makes about 5 cups.

CINNAMON MUNCH

Stay-slimmers will appreciate these less-calorie sweets

¼ cup sugar
1 teaspoon cinnamon
3 tablespoons butter or margarine
2 cups WHEAT CHEX
OR 3 cups RICE CHEX

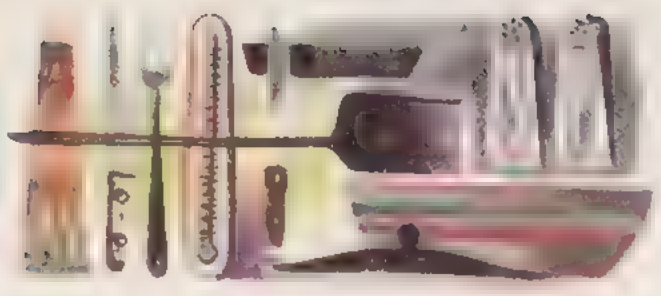
1. Mix sugar and cinnamon. Set aside to use later.
2. Melt butter in large skillet over *low* heat.
3. Add Wheat Chex *OR* Rice Chex. Stir gently until each Chex is covered with butter (2 to 3 minutes).
4. Sprinkle half the cinnamon-sugar mixture evenly over the Chex. Stir to bring unsugared Chex to top. Then sprinkle with rest of cinnamon-sugar mixture. Continue to heat and stir gently until all Chex are covered (2 or 3 more minutes).
5. Spread out to cool.

A word about how to assure best results with Checkerboard Recipes

You have probably already observed that we have given preparation and cooking directions for each recipe in minute detail. So beginners as well as experts can use this book with confidence.

But all recipes when set in type cannot include the friendly little tips that often spell the difference between perfect and just passable results. Here are a few tips on using the recipes in this book:

- Read the *entire* recipe carefully.
- Assemble all equipment and ingredients before you start.
- Bowl and pan sizes are given merely as a guide.
- Use only standard measuring cups and spoons.
- To measure dry ingredients and fats, use the metal cups that come in sets holding ¼, ⅓, ½ and 1 cup, respectively.
- To measure liquids, use the glass measuring cup with lip that is marked off in fourths and thirds. Always place cup on a flat surface and measure at eye level.
- To measure molasses, sirup or honey, pour into cup or spoon. Do not dip cup or spoon into them. Scrape out thoroughly all that clings to inside of cup or spoon.
- Make all measurements level.
- Sift flour before you measure. Then spoon lightly into measuring cup and level off surplus flour with straight edge of knife or spatula.
- To level Instant *OR* Regular Ralston, lightly shake or tap.
- In some recipes you can use *either* Instant *OR* Regular Ralston. But the amount may be different. Check carefully amount listed.
- Only one recipe, Baked Custard, calls for Instant *OR* Regular Ralston that has been already cooked. All other recipes using Instant *OR* Regular Ralston call for *uncooked* cereal.
- In some recipes you can use *either* Rice Chex *OR* Wheat Chex. But the amount may be different. Check carefully amount listed.
- Some recipes call for Rice Chex only; some for Wheat Chex only. Use only the cereal called for because Rice Chex and Wheat Chex cannot always be used interchangeably.
- To measure Rice Chex or Wheat Chex, pour into measuring cup and level by shaking or tapping lightly. Don't worry about the spaces between biscuits or the uneven level. They've been taken into consideration in giving the measurement.
- Follow the recipe step by step as given.
- In some Chex recipes, you'll find the direction, "stir gently." This is important so as not to break biscuits.



MAIN DISHES

CHILI

Four servings—just half a pound of meat

2½ cups red beans (canned with only sugar and salt)
2 tablespoons fat
½ pound coarsely ground beef
1 cup finely cut onion
2½ cups canned tomatoes
2 teaspoons salt
2 teaspoons chili powder
½ bay leaf
¼ cup *uncooked* INSTANT OR REGULAR RALSTON

1. Drain beans. Save ½ cup liquid to use later.
2. Melt fat in large skillet. Add beef and cook until brown, breaking up with fork while cooking.
3. Add onion. Cook slowly 5 minutes or until onion is tender. Mix in tomatoes, salt, chili powder, bay leaf, Instant Ralston *OR* Regular Ralston, and liquid drained from beans.
4. Bring to a boil. Cover and cook *slowly* 30 minutes or until mixture thickens. Stir now and then.
5. Stir in beans. Cover. Cook 10 minutes longer or until beans are thoroughly heated.
6. Remove bay leaf before serving. Makes 4 large servings.

FRIED RALSTON

A delicious, different way to serve cereal at any meal

3 cups milk or water
1 teaspoon salt
1 cup *uncooked* INSTANT OR ¾ cup *uncooked* REGULAR RALSTON
Uncooked cereal for rolling slices
Fat for browning in skillet

1. Heat milk or water and salt to boiling in 6-cup saucepan.
2. Stir in Instant Ralston *OR* Regular Ralston so slowly boiling does not stop. With Instant Ralston, boil and stir 10 seconds, let stand 5 minutes, and then stir. With Regular Ralston, boil slowly 5 minutes, stirring often.
3. Pour mixture into 6-cup loaf pan which has been rinsed with cold water. Cover. Chill until firm, about 4 to 6 hours or overnight.
4. Unmold. Cut into 12 slices.
5. Roll slices in uncooked cereal. Brown on both sides in hot fat.
6. Serve hot, with sirup or honey if desired. Makes 4 large servings.

VARIATIONS

a. **Broiled Cereal Slices With Cheese Topping:** Follow recipe for Fried Ralston through Step 4. Then place cereal slices on a shallow pan. Top each with slice of American cheese same size as cereal slice. Place in broiler with cheese topping about 5 inches below heat unit for 5 minutes or until cheese is golden brown. Serve at once.

b. **Cheese Cereal Slices:** Follow the recipe for Fried Ralston through Step 2. Then add to the hot cereal 4 ounces American cheese (if natural, 1 cup grated, lightly packed; if processed, ¾ cup ¼-inch cubes). Stir until the cheese is melted. Then continue as directed in Steps 3, 4, and 5 of Fried Ralston recipe. Serve hot.

Top: Tamale Pie and Chili. Bottom: Sausage Scrapple and Cheese Ring.

STUFFED PEPPERS

High in appetite-appeal, low in calories

8 RY-KRISP wafers
4 medium-sized green peppers
½ tablespoon fat
½ pound lean ground beef
¼ cup finely cut onion
¼ cup finely cut celery
⅓ cup broken and drained canned tomatoes
¾ teaspoon salt

1. Heat oven to moderate—350°.
2. Roll Ry-Krisp into coarse crumbs and set aside for later use.
3. Wash green peppers. Slice off tops. Remove seeds. Put peppers in saucepan, cover with boiling water, and boil gently 5 minutes. Drain and set aside for later use.
4. Melt fat in medium-sized skillet. Add beef and cook over moderate heat until brown, breaking up with fork while cooking. Remove from heat.
5. Add Ry-Krisp crumbs, onion, celery, tomatoes, and salt. Mix well.
6. Fill peppers with meat mixture.
7. Stand peppers upright in covered medium-sized baking dish. Add an inch of hot water. Cover and bake on rack slightly below center for 1 hour. Makes 4 average servings.

SAUSAGE SCRAPPLE

Grand way to cut down on meat bills

½ pound well-seasoned bulk pork sausage
2½ cups milk or water
¼ teaspoon salt
⅛ teaspoon pepper
1 cup *uncooked* INSTANT
***OR* ¾ cup *uncooked* REGULAR RALSTON**
Uncooked cereal for rolling slices

1. Cook sausage in large skillet over low heat until brown, breaking up with fork while cooking. Drain off fat and set aside for browning slices later.
2. Add milk or water, salt, and pepper to sausage. Heat to boiling. Stir in Instant Ralston *OR* Regular Ralston so slowly boiling does not stop. With Instant Ralston, boil and stir 10 seconds, let stand 5 minutes, and then stir. With Regular Ralston, boil slowly 5 minutes, stirring often.
3. Pour mixture into 6-cup loaf pan which has been rinsed with cold water. Cover. Chill until firm, about 4 to 6 hours or overnight.
4. Unmold. Cut into 12 slices.
5. Roll slices in uncooked cereal. Brown on both sides in hot fat, using the fat drained from the pork sausage.
6. Serve hot, with sirup, honey or chili sauce if desired. Makes 4 large servings.

MEAT LOAF

An old stand-by with a new taste

¾ pound ground beef
¼ pound ground pork
½ cup *uncooked* INSTANT
OR REGULAR RALSTON
1 cup canned tomatoes
2 eggs
¼ cup finely cut onion
1¼ teaspoons salt
⅛ teaspoon pepper
¾ teaspoon powdered sage (can omit)

1. Heat oven to moderate—350°. Grease 6-cup loaf pan.
2. Put all ingredients into 10-cup bowl. Mix thoroughly. Pack into greased pan.
3. Bake on rack slightly below center 1 hour.
4. Serve hot or cold with catsup or your favorite meat sauce. Makes 8 1-inch slices.

TAMALE PIE

One-dish dinner with a Mexican tang

3 cups water
1¾ teaspoons salt
2 teaspoons chili powder
1 cup *uncooked* INSTANT
OR ¾ cup *uncooked*
REGULAR RALSTON
2 tablespoons fat
⅓ cup finely cut onion
¾ pound raw lean ground beef
1 cup broken and *well-drained*
canned tomatoes

1. Heat oven to moderate—350°. Grease an 8 or 9-inch shallow baking dish or a deep pie or layer cake pan.
2. Heat water, 1 teaspoon of the salt, and ½ teaspoon of the chili powder to boiling in 8-cup saucepan. Stir in Instant Ralston *OR* Regular Ralston so slowly boiling does not stop. With Instant Ralston, boil and stir 10 seconds. With Regular Ralston, boil slowly 5 minutes, stirring often. Set aside to cool while preparing other ingredients.
3. Melt fat in medium-sized skillet over low heat. Add onion and cook slowly about 5 minutes.
4. Add beef. Cook until red color is lost, breaking up with fork while cooking. Then drain off all fat and liquid.
5. Add tomatoes and the remaining ¾ teaspoon salt and 1½ teaspoons chili powder. Cook and stir until well blended.
6. Line bottom of greased dish with ½ of cooled cereal. Cover with meat mixture. Top with rest of cereal.
7. Bake on rack slightly below center 45 minutes or until light brown.
8. Serve hot from dish. Makes 4 large servings.

CHEESE RING

Add a vegetable and you'll have a well-balanced meal

2⅔ cups milk
1½ tablespoons finely cut onion
¾ teaspoon salt
Few grains pepper
⅔ cup *uncooked* INSTANT
OR REGULAR RALSTON
⅓ pound American cheese (if natural, 1¼ cups grated, lightly packed; if processed, 1 cup of ¼-inch cubes)
2 eggs

1. Heat oven to moderate—350°. Grease well and flour evenly a 6-cup ring mold.
2. Heat slowly to boiling in a 6-cup saucepan the milk, onion, salt, and pepper.
3. Stir in Instant Ralston *OR* Regular Ralston so slowly boiling does not stop. With Instant Ralston, boil and stir 10 seconds. Then let stand 2 minutes. With Regular Ralston, boil slowly 5 minutes, stirring often.
4. Add grated or cubed cheese and stir until melted.
5. Beat eggs slightly in 10-cup bowl. Stir cereal mixture slowly into eggs.
6. Pour into greased mold.
7. Bake on center rack 35 minutes or until mixture is a light brown and pulls slightly from sides of ring.
8. Let stand 5 minutes. Then loosen edges of cheese ring with knife. Turn out on serving plate. Fill center with a buttered or creamed vegetable and serve at once. Makes 4 servings.

RY-KRISP

Serve Ry-Krisp as "bread" to add new flavor and interesting texture to your meals. With its hearty rye goodness, it is delicious with or without spreads. To bring out more of the rich rye flavor, or to restore oven-crispness, toast Ry-Krisp in a 350° oven for 5 minutes.

BREADS

TOMMY TUCKER BREAD

A quick, quick hot bread

2 tablespoons shortening
1 cup sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
3 tablespoons sugar
1 cup *uncooked* INSTANT OR REGULAR RALSTON
1 egg
1½ cups milk

1. Heat oven to hot—400°. Grease 8 or 9-inch square pan.
2. Melt shortening and set aside to cool slightly.
3. Sift together into 6-cup bowl the flour, baking powder, salt, and sugar. Add Instant Ralston *OR* Regular Ralston and mix well.
4. Make a hole in center of dry mixture. Add egg, milk, and cooled melted shortening. Break up egg yolk and stir mixture *only* until dry ingredients are wet. Do not beat or over-mix.
5. Pour into greased pan. Bake on center rack for 30 to 35 minutes or until brown on top.
6. Cut into 2-inch squares. Serve hot. Makes 16 2-inch squares.

WHOLE WHEAT MUFFINS

Your family will welcome these any time

¼ cup shortening
1 cup sifted all-purpose flour
⅓ cup sugar
½ teaspoon salt
2 teaspoons baking powder
1 cup *uncooked* INSTANT OR ¾ cup *uncooked* REGULAR RALSTON
1 egg
1 cup milk

1. Heat oven to hot—400°. Grease 12 medium-sized muffin cups.
2. Melt shortening and set aside to cool slightly.
3. Sift together into 6-cup bowl the flour, sugar, salt, and baking powder. Add Instant Ralston *OR* Regular Ralston. Mix well.
4. Make a hole in center of dry ingredients. Add egg, milk, and melted shortening. Break up egg yolk and stir mixture *only* until dry ingredients are wet. Do not beat or over-mix.
5. Fill greased muffin cups ⅔ full. Bake on center rack 20 to 25 minutes, or until brown. Makes 12 medium-sized muffins.

WHOLE WHEAT BISCUITS

Crispy crust—soft and flaky inside

½ cup *uncooked* INSTANT OR REGULAR RALSTON
¾ cup milk
1½ cups sifted all-purpose flour
1 teaspoon salt
2½ teaspoons baking powder
¼ cup shortening

1. Heat oven to very hot—450°.
2. Mix Instant Ralston *OR* Regular Ralston with milk in 3-cup bowl.
3. Sift flour, salt, and baking powder into 10-cup bowl. Add shortening and cut into flour mixture with pastry blender or two knives until the mixture looks like coarse crumbs.
4. Add cereal mixture to flour mixture. Stir until all the flour is damp and the mixture forms one large ball. Finish shaping into ball with hands.
5. Knead on floured board. (Fold dough and press together with palm of the hand about 10 times.)
6. Roll out to ½ inch thick. Cut with biscuit cutter, dipping it in flour before cutting each biscuit. Place on ungreased cookie sheet or shallow pan about ½ inch apart.
7. Bake on center rack for 15 minutes. Serve hot. Makes about 14 2-inch biscuits.

On bread board, from left: Brown Bread, Nut Bread, Yeast Bread. Around bread board, left to right: Tommy Tucker Bread, Raisin Muffins, Whole Wheat Biscuits, Whole Wheat Muffins.

NUT BREAD

A party bread—on a family budget

2 tablespoons shortening
1½ cups sifted all-purpose flour
1¼ teaspoons salt
2 teaspoons baking powder
¾ cup sugar
2 cups WHEAT CHEX
½ cup finely chopped nuts
1 egg
1½ cups milk

1. Heat oven to moderately hot —375°. Grease 6-cup loaf pan.
2. Melt shortening and set aside to cool slightly.
3. Sift together into 10-cup bowl the flour, salt, baking powder, and sugar.
4. Roll Wheat Chex into coarse crumbs. Stir crumbs and nuts into flour mixture.
5. Add egg, milk, and melted shortening to cereal mixture. Break up egg yolk and stir *only* until dry ingredients are wet. Do not beat or over-mix.
6. Pour into greased pan. Place on center rack of oven. Cover with another loaf pan turned upside down. Bake 20 minutes. Remove top pan. Bake 40 minutes longer, or until bread pulls from sides of pan and is brown on top.
7. Let stand in pan 5 minutes. Turn out. When cool, wrap in wax paper and store in breadbox or refrigerator. Store overnight before slicing. Makes 1 medium-sized loaf.

SPOON BREAD

A Southern treat families in any clime will go for

2 cups milk
¾ teaspoon salt
1 teaspoon sugar
⅔ cup *uncooked* INSTANT
OR ½ cup *uncooked*
REGULAR RALSTON
2 tablespoons butter or margarine
2 eggs

1. Heat oven to moderate—350°. Grease 6-cup baking dish.
2. Heat milk slowly to boiling in 4-cup saucepan. Add salt and sugar. Stir in Instant Ralston *OR* Regular Ralston so slowly boiling does not stop. With Instant Ralston, boil and stir 10 seconds. With Regular Ralston, boil slowly 5 minutes, stirring often. Remove from heat. Stir in butter. Cover and let cool 10 minutes.
3. Separate eggs. Put yolks into 6-cup bowl; whites into 4-cup bowl. Beat whites until peaks bend over slightly at top when beater is removed. Without washing beater, beat yolks well.
4. Slowly stir cereal mixture into yolks. Then fold in whites.
5. Pour into greased dish. Set in pan of hot water. Bake on rack slightly below center 45 minutes, or until knife inserted near center comes out clean. Serve at once, spooning from baking dish. Top with butter or gravy. Makes 4 large servings or 6 average servings.

RAISIN MUFFINS

Simple to make and simply grand

2 tablespoons shortening
1 egg
1 cup milk
1½ cups WHEAT CHEX
1 cup sifted all-purpose flour
½ teaspoon salt
2 teaspoons baking powder
⅓ cup sugar
⅓ cup seedless raisins

1. Heat oven to hot—400°. Grease 12 medium-sized muffin cups.
2. Melt shortening. Cool slightly.
3. Beat egg in 3-cup bowl. Stir in milk, Wheat Chex, melted shortening. Let stand 5 minutes.
4. Sift flour, salt, baking powder, sugar into 6-cup bowl. Add raisins; stir through mixture.
5. Add cereal mixture all at once to flour mixture. Stir *only* until all dry ingredients are wet.
6. Fill greased muffin cups ⅔ full. Bake on center rack 20 minutes, or until light brown. Makes 12 medium-sized muffins.

BROWN BREAD

Native Bostonians say this is tops!

½ cup sifted all-purpose flour
1 teaspoon baking soda
¾ teaspoon salt
1¾ cups *uncooked* INSTANT
OR 1⅓ cups *uncooked* REGULAR RALSTON
⅔ cup seedless raisins
⅓ cup dark molasses
1 cup sour milk or buttermilk*

1. Grease 2 #303 cans. (This size can holds 2 cups.)
2. Sift flour, baking soda, and salt into 8-cup bowl. Add Instant Ralston *OR* Regular Ralston and raisins. Stir until cereal and raisins are throughout flour.
3. Add molasses and milk. Mix well. Allow to stand about a minute. Then stir to make sure raisins are even throughout. Pour half of mixture into each greased can.
4. Tie wax paper over top of each can with string. Place cans on rack in deep kettle with tight cover. Add boiling water to come ⅓ up on cans. Cover kettle tightly. Allow water to boil slowly for 3 hours. As water evaporates, replace with boiling water.
5. About 15 minutes before 3 hours are up, heat oven to very slow—250°. At end of 3 hours lift cans from water and remove wax paper. Place on oven rack slightly below center for 10 minutes to dry off.
6. Take from oven. Loosen sides of bread from cans with knife and remove at once. Allow bread to stand a few minutes before slicing. Serve hot with butter.

*If you do not have buttermilk or sour milk, stir 1 tablespoon lemon juice *OR* vinegar into 1 cup sweet milk. Let stand about 5 minutes before using.

YEAST BREAD

Just like grandma used to make

2¼ cups *uncooked* INSTANT
OR REGULAR RALSTON
1 tablespoon salt
¼ cup sugar
1 quart milk
2 packages active dry yeast
OR 2 cakes compressed yeast
½ cup water
⅓ cup soft shortening
6 cups sifted all-purpose flour

1. Put Instant Ralston *OR* Regular Ralston, salt, and sugar into a 4-quart bowl.
2. Bring milk to boil in a saucepan over low heat. Pour over cereal mixture. Stir until all cereal is wet. *Cool to lukewarm* —80-85°, stirring occasionally.
3. Dissolve yeast in the water. For dry yeast use water at 110-115° (few drops on wrist feel warm). For compressed yeast use water at 80-85° (few drops on wrist feel cool). Stir dissolved yeast into the lukewarm cereal mixture.
4. Add soft shortening and one-half of flour. Mix. Add rest of flour. Mix. Finish mixing with hands and form a ball.
5. Turn out onto floured board. Knead 45 strokes. Form ball.
6. Wash bowl. Grease it and two 9¼ x 5¼-inch loaf pans.
7. Put dough in bowl. Turn dough over to grease top. Cover with cloth wrung out in hot water. Set in warm place—80-85°. Let rise until almost double in bulk, about 1 hour.
8. Punch fist down into dough. Pull edges into center. Place on floured board. Knead 10 strokes. Cut in half. Press cut edges down firmly to seal and form 2 balls. Cover with bowl and let rest 5 minutes. Then flatten and form each ball into a loaf. Place in greased pans. Cover with damp cloth and let rise again in a warm place—80-85°—until almost double in bulk, about 30 minutes.
9. Heat oven to hot—400°. Bake bread on center rack 40 minutes. Remove from pans at once. Cool. Makes 2 loaves.

COOKIES & CANDIES

GINGER COOKIES

Youngsters love 'em—make plenty!

1½ cups sifted all-purpose flour
½ cup sugar
1 teaspoon baking soda
½ teaspoon salt
1½ teaspoons ginger
½ cup *uncooked* INSTANT OR REGULAR RALSTON
½ cup soft shortening
1 egg
½ cup molasses

1. Heat oven to moderate—350°. Grease shallow pan or cookie sheet.
2. Sift together into 10-cup bowl the flour, sugar, soda, salt, and ginger. Stir in Instant Ralston *OR* Regular Ralston.
3. Add shortening, unbeaten egg, and molasses and beat until smooth.
4. Drop from teaspoon onto greased pan about 2 inches apart. Bake on rack slightly above center 12 to 15 minutes, or until light brown.
5. Remove from pan at once. Makes about 4 dozen 2-inch cookies.

NUTBUTTER COOKIES

For egg-and-wheat-free dieters, but everyone'll like 'em

22 RY-KRISP wafers
1 teaspoon baking powder
¼ cup shortening
½ cup peanut butter
1 can *sweetened condensed* milk (not evaporated milk)
1 teaspoon vanilla

1. Heat oven to moderate—350°. Grease shallow pan or cookie sheet.
2. Roll Ry-Krisp into coarse crumbs or put through coarse blade of food grinder. Put into bowl. Stir in baking powder.
3. Melt shortening. Put into 10-cup bowl with peanut butter, milk, and vanilla. Mix until completely blended.
4. Add Ry-Krisp crumb mixture to milk mixture. Mix well.
5. Drop from teaspoon onto greased pan about 1½ inches apart. Bake on rack slightly above center 12 minutes, or until light brown.
6. Remove from pan at once. When cool, keep in covered container. Makes about 4 dozen 1½-inch cookies.

SCOTCH COOKIES

Make 'em for pennies in no time at all

1 cup sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
⅔ cup sugar
½ cup soft shortening
1 teaspoon grated orange or lemon rind
1 egg
¼ cup milk
2 cups WHEAT CHEX *OR* RICE CHEX

1. Heat oven to moderate—350°. Grease shallow pan or cookie sheet.
2. Sift together flour, baking powder, salt, sugar into 10-cup bowl.
3. Add shortening, grated rind, unbeaten egg, and milk. Beat until smooth.
4. Add Wheat Chex *OR* Rice Chex. Stir until the Chex are throughout the batter.
5. Drop from teaspoon onto greased pan about 2 inches apart. Bake on rack slightly above center 12 to 15 minutes, or until light brown.
6. Remove from pan at once. Makes about 4 dozen 1½-inch cookies.

Candies, from upper left clockwise around plate: Chocolate Dreams, Candy Nuggets, Chocolate Jumbles, Candy Delights. Cookies, from lower left: Tutti Frutti, Seafoam, Coconut, Ginger, Scotch, Chocolate Chip, Date Bars, Nutbutter.

CHOCOLATE CHIP COOKIES

An old favorite with a bit of the new

¾ cup sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
¾ cup sugar
⅓ cup soft shortening
1 egg
1 teaspoon vanilla
2 tablespoons milk
1 cup *uncooked* INSTANT OR REGULAR RALSTON
6-ounce package semi-sweet chocolate pieces

1. Heat oven to moderately hot —375°. Grease shallow pan or cookie sheet.
2. Sift together into 10-cup bowl flour, baking powder, salt, sugar.
3. Add shortening, unbeaten egg, vanilla, and milk. Beat until smooth.
4. Add Instant Ralston *OR* Regular Ralston and chocolate pieces. Stir until they are throughout the mixture.
5. Drop from teaspoon onto greased pan about 2 inches apart. Bake on rack slightly above center 12 minutes, or until light brown.
6. Remove from pan at once. Makes about 3½ dozen 2-inch cookies.

DATE BARS

Milk-free, wheat-free —but with or without an allergy, folks go for these

10 RY-KRISP wafers
3 eggs
⅔ cup brown sugar, firmly packed
1¼ cups (7-ounce package) finely cut-up dates
¾ cup chopped nuts (can omit)

1. Heat oven to slow moderate —325°. Grease an 8 or 9-inch square pan.
2. Roll Ry-Krisp into coarse crumbs or put through coarse blade of food grinder. Set aside for later use.
3. Beat eggs in 10-cup bowl until thick and foamy. Add brown sugar a little at a time, beating well after each addition.
4. Stir in Ry-Krisp crumbs, dates, and nuts. Mix well.
5. Pour into greased pan. Bake on rack slightly above center 35 to 40 minutes, or until firm to the touch.
6. Remove from oven. Loosen sides with knife. Let stand 15 minutes before cutting with a sharp knife into 1½ x 3-inch bars or 3-inch squares. Bars can be rolled in powdered sugar to serve as cookies. Squares can be served with whipped cream as dessert. Makes 18 bars or 9 squares.

SEAFOAM COOKIES

Serve these when light and dainty refreshments are in order

1 egg white
¼ cup brown sugar, firmly packed
¼ cup white sugar
⅛ teaspoon salt
½ teaspoon vanilla
1½ cups RICE CHEX

1. Heat oven to slow—300°. Grease shallow pan or cookie sheet.
2. Beat egg white in 6-cup bowl with rotary beater until peaks bend over slightly at top when beater is removed.
3. Beat in brown sugar, a tablespoon at a time. Add white sugar, salt, and vanilla. Stir until all sugar is mixed into the egg white.
4. Add Rice Chex. Stir gently until each Chex is coated with mixture.
5. Drop from teaspoon onto greased baking pan 2 inches apart. Bake on rack slightly above center 12 to 15 minutes, or until outsides of cookies are dry and very light brown.
6. Remove from pan at once. Makes about 2 dozen 1½-inch cookies.

COCONUT COOKIES

These are the rich and chewy kind

2 cups WHEAT CHEX
OR 3 cups RICE CHEX
½ cup soft shortening
½ cup brown sugar, firmly packed
½ cup white sugar
1 medium or large egg
½ teaspoon vanilla
1 cup sifted all-purpose flour
¼ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
Few grains nutmeg
⅛ teaspoon cinnamon
½ cup shredded coconut (canned or packaged)

1. Heat oven to moderately hot —375°. Grease shallow pan or cookie sheet.
2. Roll Wheat Chex *OR* Rice Chex into coarse crumbs. Set aside for later use.
3. Put shortening into 10-cup bowl. Add sugars gradually, mixing until soft and creamy.
4. Add unbeaten egg and vanilla. Beat well.
5. Sift together flour, baking powder, soda, salt, nutmeg, and cinnamon. Add, all at once, to egg mixture. Mix until smooth.
6. Add cereal crumbs, coconut, and nuts. Mix well.
7. Shape into 1-inch balls with fingers. Place on greased pan about 1½ inches apart. Bake on rack slightly above center about 8 minutes, or until light brown.
8. Remove from oven. Allow to stand 1 or 2 minutes. Then remove cookies from pan. Makes about 3 dozen 2-inch cookies.

TUTTI FRUTTI COOKIES

Taste like tiny fruit cakes

5 cups RICE CHEX
2 cups sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ cup soft shortening
1 cup sugar
2 eggs
2 tablespoons milk
1 teaspoon vanilla
1 cup chopped nuts
1 cup cut-up dates
⅓ cup cut-up maraschino cherries

1. Heat oven to moderately hot —375°. Grease shallow pan or cookie sheet.
2. Roll Rice Chex into coarse crumbs. Set aside for later use.
3. Sift together flour, baking powder, soda, and salt.
4. Put shortening into 10-cup bowl. Add sugar gradually, mixing until soft and creamy.
5. Add unbeaten eggs, milk, and vanilla. Mix well.
6. Stir in flour mixture about ½ cup at a time. Mix well.
7. Add nuts, dates, and cherries. Mix well.
8. Drop from teaspoon onto crushed Rice Chex and roll into balls. Place on greased pan about 2 inches apart. Bake on rack slightly above center 10 to 12 minutes, or until light brown.
9. Remove from pan at once. Makes about 5 dozen 2-inch cookies.

PEANUT BUTTER HONEYS

A honey of a candy

1 package RICE CHEX
1 cup strained honey
¾ cup peanut butter

1. Butter 8 or 9-inch square pan. Roll Rice Chex into coarse crumbs.
2. Heat honey and peanut butter in 8-cup pan over boiling water 5 minutes. Stir to blend.
3. Take from heat. Leave over hot water. Add crumbs, half at a time. Mix well after each addition.
4. Spread in pan. Pack firm and smooth with buttered spoon.
5. Cool 1 hour. Cut into 1½-inch squares. Makes 36.

CANDY DELIGHTS

Mighty yummy—and no cooking required

1½ cups RICE CHEX
OR WHEAT CHEX
2 tablespoons butter or margarine
⅓ cup light corn sirup
¼ teaspoon almond extract
1¼ cups powdered sugar
¾ cup shredded coconut
(canned or packaged)

1. Roll Rice Chex *OR* Wheat Chex into coarse crumbs and set aside for later use.
2. Place butter and sirup in 6-cup saucepan over *low* heat until butter is melted. Mix well.
3. Remove from heat. Stir in almond extract and powdered sugar, about ¼ cup at a time. Stir until smooth.
4. Add coconut and cereal crumbs. Mix well.
5. Drop from teaspoon onto wax paper or buttered cookie sheet. Let stand until firm, about 30 minutes. Makes about 25 pieces.

CANDY NUGGETS

Delicious and not too, too sweet

6 cups RICE CHEX
1 cup broken nuts (can omit)
⅓ cup butter or margarine
24 marshmallows
½ teaspoon vanilla

1. Butter generously an 8 or 9-inch square pan and a 3-quart bowl or kettle.
2. Mix Rice Chex and nuts in buttered bowl.
3. Heat butter and marshmallows in top of double boiler over boiling water until marshmallows are completely melted. Stir often to blend.
4. Remove from heat. Stir in vanilla.
5. Pour marshmallow mixture evenly over cereal and nuts. Mix with large spoon until all Chex are coated.
6. Put into buttered pan. Pack down evenly with back of large buttered spoon.
7. When cool, cut into 1½-inch squares. Makes 36 pieces.

CHOCOLATE DREAMS

You'll be their "dream" when you serve these

¼ pound (about 15) marshmallows
¼ cup corn sirup
6-ounce package semi-sweet
chocolate pieces
2½ cups RICE CHEX
***OR* WHEAT CHEX**

1. Grease 8 or 9-inch square pan.
2. Cut each marshmallow into four pieces.
3. Put sirup and chocolate in top of 6-cup double boiler over boiling water until chocolate is melted. Stir often to blend.
4. Remove from over hot water. Add marshmallows. Stir only until the marshmallows are half covered with chocolate mixture.
5. Add Rice Chex *OR* Wheat Chex, mixing until all Chex are coated.
6. Spread in greased pan. Pack evenly with back of buttered spoon.
7. When cool, cut into pieces about 1½ inches square. Makes 36 pieces.

CHOCOLATE JUMBLES

Less than 7 minutes to make a big batch!

¼ cup corn sirup
6-ounce package semi-sweet
chocolate pieces
1¾ cups RICE CHEX
***OR* WHEAT CHEX**

1. Stir sirup and chocolate pieces in top of 2-quart double boiler over *rapidly boiling* water until chocolate is melted and blended with sirup. Remove from heat but leave over the hot water.
2. Add Rice Chex *OR* Wheat Chex. Mix gently until each Chex is coated with chocolate mixture.
3. Drop by heaping teaspoonfuls onto wax paper or buttered shallow pan.
4. Let stand until cool. Makes about 25 pieces.

DESSERTS

From top to bottom: Snow Peak Chocolate Pudding, Easy Plum Pudding, Date and Marshmallow Roll.

EASY PLUM PUDDING

An easy new way to make a famous old treat

28 RY-KRISP wafers
¼ cup sugar
½ teaspoon salt
½ teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg
2 eggs
¾ cup pineapple juice
½ cup water
¼ cup molasses
1 cup seedless raisins
1 cup chopped nuts

1. Grease 6-cup baking dish or mold.
2. Roll Ry-Krisp into coarse crumbs or put through coarse blade of food grinder. Mix with sugar, salt, soda, and spices in 10-cup bowl.
3. Beat eggs well in 6-cup bowl. Stir in juice, water, and molasses.
4. Stir juice mixture into dry ingredients. Add raisins and nuts. Mix well.
5. Pour into greased dish. Cover with lid or with brown or wax paper tied with a string. Place on a rack in deep kettle. Pour in enough boiling water to come halfway up on dish. Cover kettle tightly and boil slowly 1½ hours, or until toothpick inserted in pudding comes out clean. OR if you prefer, cook 2 hours over boiling water in greased top of double boiler, tightly covered.
6. Loosen edge with knife. Turn out on serving plate. Serve warm or cold with whipped cream or your favorite sauce. Makes 8 large servings.

SNOW PEAK CHOCOLATE PUDDING

Family favorite with a touch of glamour

3 cups milk
3 tablespoons cocoa
¾ cup sugar
½ teaspoon salt
⅔ cup *uncooked* INSTANT
OR ½ cup *uncooked*
REGULAR RALSTON
2 eggs
1½ teaspoons vanilla

1. Heat oven to slow—300°. Grease shallow 6-cup baking dish.
2. Heat milk in top of 6-cup double boiler over boiling water until tiny bubbles appear around edge.
3. Mix cocoa, ½ cup sugar, salt, and Instant Ralston *OR* Regular Ralston. Stir into hot milk. Then place directly over medium heat. Cook 5 minutes, stirring constantly. Remove from heat.
4. Separate eggs, putting yolks into 10-cup bowl and whites into 6-cup bowl.
5. Beat whites until foamy. Add 1 tablespoon of remaining ¼ cup sugar. Beat until peaks bend over slightly at top when beater is removed. Add rest of sugar, 1 tablespoon at a time. Beat after each addition until similar peaks are formed. Beat in ½ teaspoon vanilla. Set aside to top pudding.
6. Without washing beater, beat yolks slightly. Slowly stir the warm cereal mixture into yolks. Stir in 1 teaspoon vanilla. Pour mixture into greased dish.
7. Drop beaten egg whites by tablespoonfuls on top of cereal mixture, making 6 peaks.
8. Bake on rack slightly below center 20 minutes or until meringue is light brown. OR if you prefer, place under the broiler with peaks about 2 inches below heat unit for 5 minutes or until meringue is light brown.
9. Serve warm or cold. Makes 6 average servings.

BAKED SPICE PUDDING

Your family will ask for this one often

1½ cups water
¾ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ground cloves
½ cup *uncooked* INSTANT OR REGULAR RALSTON
2 tablespoons butter or margarine
2 eggs
1 cup milk
½ cup brown sugar, firmly packed
½ cup seedless raisins
1 teaspoon vanilla
¼ cup chopped nuts (can omit)

1. Heat oven to moderate—350°. Grease 6-cup baking dish.
2. Bring water and salt to boil in 6-cup saucepan.
3. Mix spices with Instant Ralston *OR* Regular Ralston. Stir into boiling salted water so slowly boiling does not stop. Add butter and cook 3 minutes, stirring now and then. Remove from heat.
4. Beat eggs slightly and stir in milk. Add to cereal with rest of ingredients. Mix well.
5. Pour into greased dish. Set in pan of hot water. Bake on rack slightly below center 1 hour, or until knife inserted near outer edge comes out clean.
6. Serve warm or cold with milk, cream, or lemon sauce. Makes 8 average servings.

DATE AND MARSHMALLOW ROLL

This one features "no cooking"

½ cup milk
2 tablespoons light brown sugar, firmly packed
½ teaspoon vanilla
¼ pound (about 15) marshmallows
2½ cups WHEAT CHEX
1¼ cups (7-oz. pkg.) pitted dates
½ cup pecans

1. Combine milk, sugar, and vanilla in 10-cup bowl.
2. Cut each marshmallow into four pieces. Add to milk. Stir until all marshmallows are moistened.
3. Put ½ cup of the Wheat Chex through food grinder, using coarse blade. Set aside for coating the finished roll.
4. Mix remaining Wheat Chex, dates, and nuts. Then put through food grinder, using coarse blade. Add milk mixture and stir until all cereal mixture is moistened. Allow to stand 15 minutes.
5. Mix well with hands. Form roll about 6 inches long. Roll in the ground Wheat Chex reserved for this purpose. Wrap tightly in wax paper. Chill overnight.
6. Slice into 8 slices. Serve with whipped cream or sauce made from packaged pudding. Makes 8 average servings.

BAKED CUSTARD

A new version of an old stand-by

2 tablespoons butter or margarine
2 cups milk
1 cup *cooked* INSTANT OR REGULAR RALSTON
2 eggs
⅓ cup sugar
¼ teaspoon salt
1 teaspoon vanilla

1. Heat oven to moderate—350°. Grease 6 small custard cups.
2. Put butter, milk, and cereal into 4-cup saucepan. Slowly heat to *full boil*, stirring frequently. Break up large lumps of cereal as mixture heats.
3. In a 6-cup bowl beat eggs just until they start to get foamy, using rotary beater. Stir sugar, salt, vanilla into eggs.
4. Slowly stir hot cereal mixture into eggs. Then beat with rotary beater only until smooth.
5. Fill greased cups ¾ full. Set in pan of hot water. Bake on rack slightly below center 30 minutes, or until knife inserted in custard comes out clean. Remove at once from hot water.
6. Serve chilled or warm, plain or with milk, cream, or your favorite sauce. Makes 6 servings.

DATE PUDDING

Top-stove dessert that's tops

1 cup *uncooked* INSTANT
OR ¾ cup *uncooked*
REGULAR RALSTON
1 cup buttermilk or sour milk*
3 tablespoons shortening
1 egg
½ cup sifted all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
½ cup brown sugar, firmly packed
1 cup cut-up dates

1. Grease 6-cup baking dish or mold.
2. Mix Instant Ralston *OR* Regular Ralston with milk in 6-cup bowl.
3. Melt shortening and cool slightly. Beat egg well. Stir both into cereal mixture.
4. Sift together into 10-cup bowl the flour, salt, and soda. Add sugar and dates and mix.
5. Add cereal mixture, all at once, to flour mixture. Stir just enough to mix well.
6. Pour into greased dish. Cover with lid or with brown or wax paper tied with a string. Place dish on a rack in deep kettle. Pour in enough boiling water to come halfway up on dish. Cover kettle tightly and boil slowly 1 hour and 40 minutes, or until toothpick inserted in pudding comes out clean. *OR* if you prefer, cook 2 hours over boiling water in greased top of double boiler, tightly covered.
7. Loosen edge with knife. Turn out on serving plate. Serve warm or cold with plain or whipped cream or your favorite sauce. Makes 8 large servings.

*If you do not have buttermilk or sour milk, stir 1 tablespoon lemon juice *OR* vinegar into 1 cup sweet milk. Let stand 5 minutes before using.

RY-KRISP AND CHEESE

Lots of men tell us that Camembert cheese and Ry-Krisp is their favorite dessert. Try it sometime. It's mighty tasty and so easy.

STRAWBERRY SHORTCAKE

No preparation—just fix when it's time to serve!

2 cups RICE CHEX
2 cups halved and sugared strawberries
4 heaping tablespoons whipped cream (can omit)

1. When it is time to serve dessert, pour ½ cup Rice Chex on each of four dessert plates.
2. Over the Chex on each plate pour ½ cup of the strawberries. Top each serving with whipped cream, if desired. Serve at once. Makes 4 servings.

Note: Sliced sugared peaches may be used in place of strawberries.

CRUMB CRUST

Never a failure—always a favorite!

4½ cups RICE CHEX
¼ cup brown sugar, firmly packed
⅓ cup butter or margarine

1. Heat oven to slow—300°. Grease 8 or 9-inch pie pan with salad oil or soft shortening.
2. Roll Rice Chex into fine crumbs or put through finest blade of food grinder.
3. Put crumbs and sugar into 10-cup bowl. Mix thoroughly with finger tips.
4. Melt butter. Pour over crumb mixture. Mix until all crumbs are coated with butter.
5. Evenly and firmly pack onto bottom and sides of greased pie pan.
6. Bake on rack slightly above center for 10 minutes. Cool before filling. *OR* if you prefer, instead of baking crust, refrigerate 1 hour before filling.
7. Fill with your favorite cornstarch, cream or chiffon pie filling. Makes one 8 or 9-inch pie.

OTHER TREATS

Upper left: Tomato soup with Wheat Chex croutons. Lower left: Caesar Salad. Right: Cheese Rarebit over Rice Chex.

CAESAR SALAD

A Hollywood specialty fixed an easier way

1 medium head lettuce
1 medium head endive
½ cup salad oil
⅛ teaspoon garlic salt or powder
1 cup WHEAT CHEX
¼ cup grated Parmesan cheese
2 tablespoons crumbled Blue cheese *OR* Roquefort cheese
2 teaspoons Worcestershire sauce
½ teaspoon salt
⅛ teaspoon black pepper
⅛ teaspoon dry mustard
1 egg
2 tablespoons lemon juice

1. Wash lettuce and endive. Drain well. Shake or pat *gently* in clean towel or absorbent paper to remove excess moisture. Place in hydrator (or in plastic bag) in refrigerator until ready to use.
2. Mix 2 tablespoons of the salad oil and the garlic salt or garlic powder in medium-sized skillet.
3. Add Wheat Chex. Put over *low* heat and stir for 5 minutes. Set aside for later use.
4. Just before time to serve, break lettuce and endive into large pieces in large salad bowl. Sprinkle with the cheeses.
5. Stir Worcestershire sauce, salt, pepper, and mustard into the remaining salad oil. Pour at once over greens. Then gently toss greens with large salad serving spoon and fork so that every piece is coated.
6. Break raw egg onto greens. Pour lemon juice directly onto egg. Then gently toss the salad until all specks of egg disappear.
7. Sprinkle prepared Wheat Chex over salad, toss lightly and serve at once. Makes 4 large servings.

SCALLOPED TOMATOES

You'll love the extra flavor—the smoother texture

2 tablespoons butter or margarine
⅓ cup finely cut onion
¾ cup WHEAT CHEX *OR* RICE CHEX
2½ cups canned tomatoes
2 teaspoons sugar
½ teaspoon salt
Few grains pepper

1. Melt butter in 4-cup saucepan. Add onion and cook slowly about 5 minutes, or until tender.
2. Add Wheat Chex *OR* Rice Chex. Stir until covered with butter mixture.
3. Stir in rest of ingredients. Heat until steaming hot. Makes 4 large servings.

SOUP CROUTONS

Use Rice Chex or Wheat Chex as they come from the package or prepared according to the Buttered 'N Salted, Savory, or Cheese Snacks recipes, pages 7 and 9. For clear or thin soups, use Rice Chex; for cream soups and chowders, use either Rice Chex or Wheat Chex.

UNDER FOODS

Use Rice Chex or Wheat Chex as they come from the package in place of toast under cheese rarebit, creamed eggs, chicken, dried beef, fish, sweetbreads, chicken a la king.

Use Rice Chex in place of noodles under chow mein.

TO COAT FOODS FOR FRYING

Use Instant Ralston or Regular Ralston right from the package.

Roll Rice Chex, Wheat Chex or Ry-Krisp into crumbs; then use.

Recipe	Page

BREADS

Brown Bread	18
Nut Bread	17
Raisin Muffins	17
Ry-Krisp	14
Spoon Bread	17
Tommy Tucker Bread	15
Whole Wheat Biscuits	15
Whole Wheat Muffins	15
Yeast Bread	18
BREAKFAST FLAVOR-TRICKS	5

CANDIES

Candy Delights	23
Candy Nuggets	23
Chocolate Dreams	23
Chocolate Jumbles	23
Peanut Butter Honeys	22

COOKIES

Chocolate Chip Cookies	21
Coconut Cookies	22
Date Bars	21
Ginger Cookies	19
Nutbutter Cookies	19
Scotch Cookies	19
Seafoam Cookies	21
Tutti Frutti Cookies	22

DESSERTS

Baked Custard	26
Baked Spice Pudding	26
Crumb Crust	27
Date and Marshmallow Roll	26
Date Pudding	27
Easy Plum Pudding	25
Ry-Krisp and Cheese	27
Snow Peak Chocolate Pudding	25
Strawberry Shortcake	27

MAIN DISHES

Broiled Cereal Slices	11
Cheese Cereal Slices	11
Cheese Ring	14
Chili	11
Fried Ralston	11
Meat Loaf	13
Sausage Scrapple	13
Stuffed Peppers	13
Tamale Pie	14

OTHER TREATS

Caesar Salad	29
Food Coatings	29
Scalloped Tomatoes	29
Soup Croutons	29
Under Foods	29

SNACKS

Buttered 'N Salted Rice Chex	7
Buttered 'N Salted Wheat Chex	7
Caramel Crunch	9
Cheese Snacks	9
Cinnamon Krisps	9
Cinnamon Munch	9
Herb Krisps	7
Party Mix	7
Ry-Krisp Snacks	9
Savory Rice Chex OR Wheat Chex	7

C 3599 A 8-53

Printed in U.S.A.